

Mark Your Calendars for the Second Thursday of the Month

November 9, 2006
December 14, 2006
January 11, 2007
February 8, 2007
March 8, 2007
April 12, 2007
May 10, 2007
June 14, 2007
July 12, 2007
August 9, 2007
September 13, 2007
October 11, 2007
November 8, 2007
December 13, 2007



Time: 12:00 – 2:00 PM

Place: Idaho Elks Rehabilitation
Hospital
Sawtooth Room, 4th Floor
600 Robbins Road
Boise, Idaho 83702

For more information:

Jaydine Munsey - 658-1642
Arthritis Education and Support
Group Facilitator

Arthritis has been diagnosed in approximately 25% or 1 in 4 Idaho adults. There are nearly 70 million Americans with arthritis and joint symptoms. Help is available for people with long-term or chronic illnesses.

Chronic illnesses are with us our whole lifetime. There is no cure for arthritis but there are ways to manage the arthritis symptoms. Education and support groups can provide an environment where a person can learn new ways of dealing with their illness.

Take that first step to better understand arthritis and it will help you cope with the changes in your daily life.

In participating in this education and support group, you will take one of the best steps to make living with arthritis easier.

Opportunities will be available to share your approaches and learn from others.

No other environment like an education and support group can provide you with the opportunity to learn new ways to deal with your illness. Join the arthritis education and support group.

Arthritis Education and Support Group Boise, Idaho



Learn more about:

- **Arthritis**
- **Treatments**
- **Daily Living Skills**
- **Activities Needed for Improving Everyday Life**



St. Luke's · Idaho Elks
REHABILITATION SERVICES

Some Meeting Topics

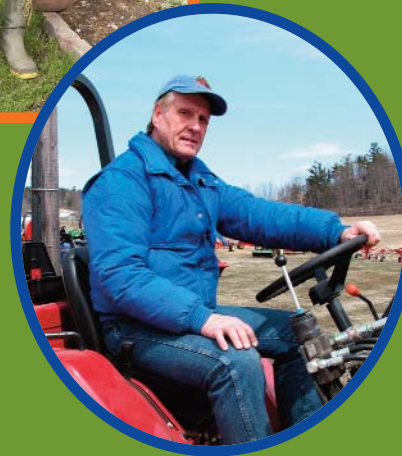
- **Massage & Bodywork**
- **Legislation & Funding**
- **Warm Water Exercises**
- **AFEC (Arthritis Foundation Exercise Course)**
- **Gardening with Arthritis**
- **Depression and Arthritis**
- **Pain Management**
- **Relaxation Techniques**
- **Self Motivation**
- **Available Resources**



How Can I Make My Life Better?

One great way is to join our Arthritis Education and Support Group!

When you take action to understand and deal with the effects of arthritis, you will learn to better manage stress, thereby helping yourself to maintain a more positive, physical, emotional and spiritual outlook on life.



What Others Have Said About Support Groups

You meet other people with similar concerns and, as a result, understand more about yourself and life's challenges.

You gain an "extended family."

You will help alleviate that feeling of isolation, just by leaving the house.

You will be with others who truly understand how you feel; you will realize you are not alone.